



WISE - NUTRITION INFORMATION FOR 100 CALORIE OR LESS BAGS

																				% Daily Values**					
SNACK FOODS	BRANDS	NET WEIGHT	KOSHER STATUS	SERVING SIZE	CALORIES	FROM FAT	TOTAL FAT		SAT. FAT		TRANS FAT	CHOLESTEROL		SODIUM		TOTAL CARB.		DIETARY FIBER		SUGARS	PROTEIN	VIT A	VIT C	CALCIUM	IRON
							g	% DV	g	%	g	mg	% DV	mg	%	g	%	g	%						
POPCORN-FLAVORED																									
Butter Flavored Popcorn	Wise	0.5 oz (14g)	Not Kosher	0.5 oz (14g)	80	45	5	8	1	5	0	0	0	140	6	7	2	1	4	0	1	15	0	0	0
Reduced Fat Butter Flavored Popcorn	Wise	0.625 ounce (17g)	Not Kosher	0.625 ounce (17g)	80	20	2.5	4	0.5	3	0	0	0	95	4	13	4	1	4	0	1	4	0	0	0
White Cheddar Cheese Popcorn	Wise	0.5 oz (14g)	Not Kosher	0.5 oz (14g)	80	45	5	8	1	5	0	<5	1	160	7	7	2	1	4	1	1	0	0	2	0
Reduced Fat White Cheddar Cheese Popcorn	Wise	0.71 oz (20g)	Not Kosher	0.71 oz (20g)	100	35	4	6	0.5	3	0	0	0	180	8	13	4	2	8	<1	2	0	0	0	2
Hot Cheese Popcorn	Wise	0.5 oz (14g)	Not Kosher	0.5 oz (14g)	80	45	5	8	1	5	0	0	0	130	5	7	2	1	4	1	1	0	0	0	0
ONION RINGS																									
Onion Flavored Rings	Wise	0.5 oz (14g)	OU Pareve	0.5 oz (14g)	70	30	3	5	1	5	0	0	0	180	8	10	3	0	0	0	0	0	0	0	0

Sat. Fat = Saturated Fat; TOTAL CARB = Total Carbohydrate; < = Less Than

** % Daily Values are based on a 2000 calorie diet.